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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.6 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans their widows and orphans; community service; and the wholesome development of our nation's youth.

ON THE COVER

Sgt. Maj. Darrell Carver of the 6th Marine Regiment walks among the graves during a ceremony at the Aisne-Marne American Cemetery near Chateau-Thierry, France. The American Battle Monuments Commission, which cares for the cemetery, turns 100 this year. Getty

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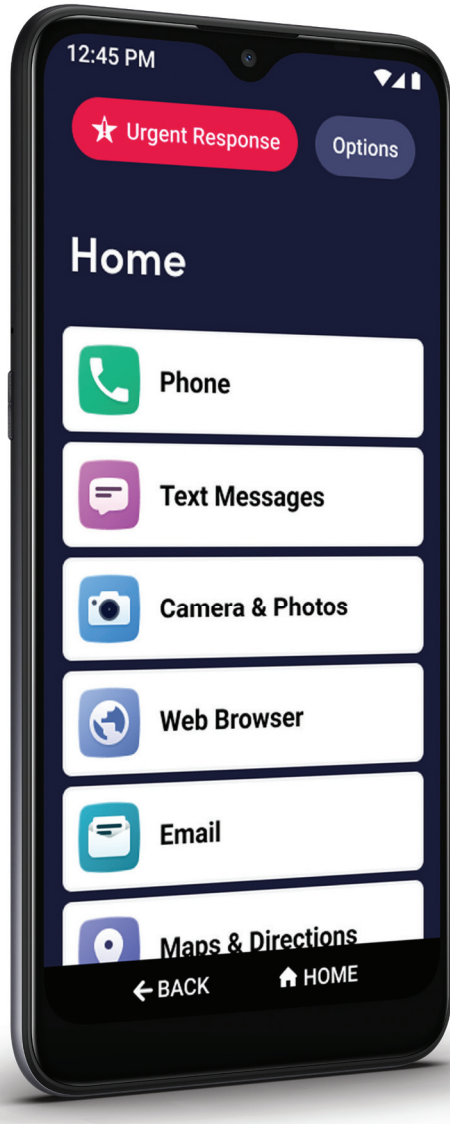

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Honor them, no matter where you are

If you want to experience the new National World War I Memorial in Washington, D.C., but getting there is a problem, you can just go out to your driveway, point your phone at the ground, tap the word "launch" and find yourself on the plaza. There, you can gaze across the reflecting pool, study the chiseled face of Gen. John Pershing, follow "A Soldier's Journey" in a sculpted relief panel or quietly consider the engraved plea of our ancestors: "Remember us."

Thanks to evolving technology, we can remember them like never before.

The free National WWI Memorial Virtual Explorer mobile app takes visitors on a 3D, animated tour that those who fought in "the war to end all wars" could only have imagined in science fiction. (That, along with other digital features, can be found at **doughboy.org** and in the App Store.)

Through what's called augmented reality, you can peer into the cockpit of a Sopwith Camel, learn the strengths and weaknesses of early tanks and artillery, watch a video history of U.S. battles, and read (or submit) stories that attach names and faces to the Great War, which produced The American Legion's founding generation.

The Doughboy Foundation and the United States World War One Centennial Commission have helped pioneer a wave of new media to honor our military legacy. They are not alone. From Flanders Field American Cemetery to the Vietnam Veterans Memorial to the National WWII Museum and many other sacred sites, digital developments are reaching more people than ever before, particularly students, around the world. We salute these developments. We must also encourage teachers, Scout leaders and our members to use them.

The American Legion has for decades called on schools to give military history better treatment. Now, new media developments like the Virtual Explorer are giving educators dynamic, interesting and well-researched tools to show new generations the stories, deeper meanings and reasons we bestow honor at Memorial Day, no matter where we are.

THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

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Photo by Jeff Stoffer

Model Prisoners

I am very impressed with the article by Jeff Stoffer (March). I was not aware these programs existed. We all make mistakes – some criminal, some not. I wish the best to all prisoners who are Legionnaires.

Delmer Morris, Broadway, Va.

Around Christmas of last year I sent a letter to Joshua Birchfield American Legion Post 505 at Westville Correctional Facility in Westville, Ind. I wanted to congratulate the post on achieving 167% in new and renewed memberships, and to just reach out and let them know that as fellow veterans they are not forgotten. I got a letter back thanking me and inviting me to visit. I plan to go as soon as my paperwork is complete. Like Post 201 in Idaho, Post 505's members also do crocheting. I look forward to learning more about what they are doing and how we at Hamon Gray American Legion Post 83 in La Porte, Ind., can support them.

Susan Levenhagen, Post 83 adjutant

Geopolitical Geometry

Thank you for the insightful article by Alan W. Dowd (March). I was surprised, however, that he did not mention the India-Russia mutual defense agreement and India's participation in last September's war games with Russia and China. I would think these recent activities would preclude sharing much of the intelligence depicted in the article, as well as stop the addition of India to the "Five Eyes" agreement. Is the Quad in danger?

Gale B. Oleson, Lee's Summit, Mo.

5,400 American Legion grave markers purchased from Emblem Sales in 2022. Sales of bronze American Legion markers date back at least a century, with *The American Legion Weekly* calling them "a dignified and fitting memorial." In the April 22, 1921, issue, National Adjutant Lemuel Bolles wrote, "Too much stress and emphasis cannot be placed on the importance of each Legion post throughout the country rendering due tribute to its deceased members on Memorial Day."

"A veteran himself, having served in the Army in World War II, President Reagan honored veterans of all campaigns."

John Lehne of the Ronald Reagan Presidential Foundation & Institute, on the rechristening of American Legion Post 283 in Pacific Palisades, Calif., on Jan. 28. The event had a street-fair atmosphere, with food, vintage military trucks, and USC and UCLA parade units.

A full renovation accompanied the post's renaming for the 40th president, an effort led by Eric Measles, a 30-year member and chairman of the Legion's national Veterans Education, Other Benefits & Homelessness Committee. Reagan was an active member and supporter of the Legion, he said. "This is an opportunity I don't want to see pass by."

Read more about Post 283 and its makeover: ***legion.org/honor***

Photo by Michael Hjelmstad

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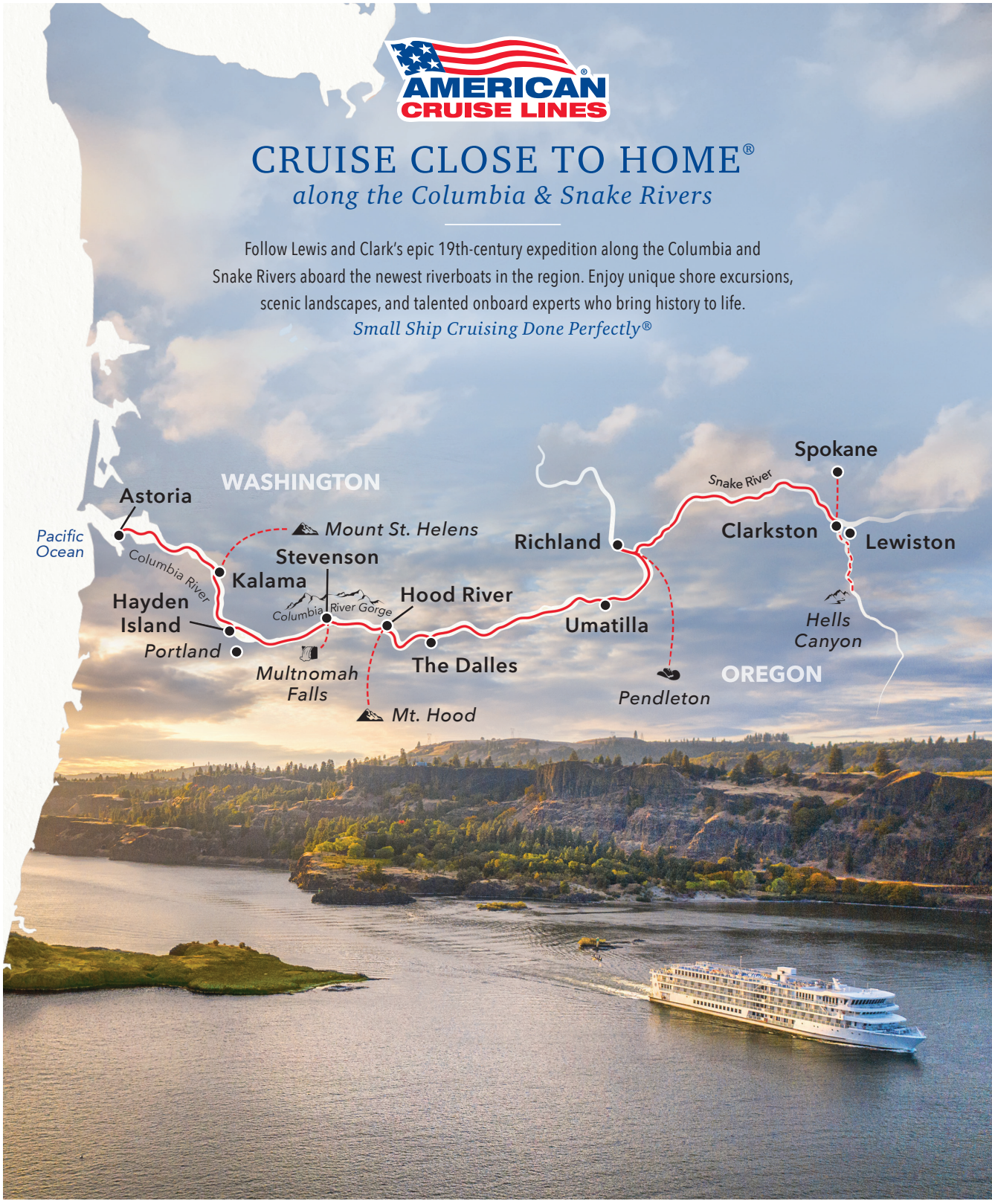

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Cruise Guide

Honor for Royce Williams

Royce Williams, the Korean War fighter pilot who shot down four MiGs in one day, has waited all these years to be awarded a Medal of Honor (FOB, March). Because of politics, our warriors are denied for years their deserved recognition. I've seen it for Vietnam vets as well: credit for participation in battles, conflicts or locations denied because the event was "off the record." Whether our warriors flew over Korea, ventured into Cambodia or participated at any of the many touchy locations, the soldier, sailor, airman or Marine gets the short end of the deal.

Richard Engebretsen Jr., Barnegat, N.J.

Instead of writing "Retired Navy Lt. Royce Williams," how about "then-Navy Lt. Royce Williams" since he didn't retire as a lieutenant? Capt. Williams had a storied career.

Gregory Adinolfi, Westminster, Md.

Improving travel reimbursement

I am grateful the Legion's National Executive Committee passed a resolution regarding travel reimbursement (FOB, March). The new site is cumbersome and requires far too many steps. Typically I am treated at the Viera Clinic in Melbourne, Fla., for routine matters and the Lake Nona facility in Orlando for more specialized care. Juggling the BTSSS system is extremely frustrating. The old kiosks were simple, intuitive and convenient.

There are numerous mapping apps that can help navigate our changing landscape. I have some experience with IT professionals and know that systems must be thoroughly tested with novice users before being deployed for general use, and that alternative access methods are critical for a successful outcome.

Thomas McFarland, Merritt Island, Fla.

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THE PLAYLIST

American Legion videos you don't want to miss.

A Vietnam Seabee remembers
Kansas Legionnaire David Warnken shares his recollections from two combat tours and a lifelong vow to never forget Navy Chief Donald J. Barnes.

In Flanders Fields
Actor and Legionnaire James McEachin delivers a stirring onstage recitation of the iconic poem of military sacrifice.

Visit **legion.org/magazine/videos** or subscribe to The American Legion's YouTube channel to see, show and share other American Legion videos.

National Welcome Home event honors Vietnam War veterans

Photo by Junfu Han

The American Legion is participating in Welcome Home, a special event honoring Vietnam War veterans and their families 50 years after the war. Veterans of any war era, their families and civilians are encouraged to attend the event, which will be May 11-13 on the National Mall in Washington.

Camp Legacy will be the hub for activity related to illustrating the service and sacrifice made by Vietnam veterans and their families. There will be formal ceremonies, interactive engagements, museum exhibits, nightly concerts at sundown and more.

American Legion representatives will be on hand to thank Vietnam veterans, answer questions and provide resources.
vietnamwar50th.com

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Whereas ...

Honoring past national commanders after they have transferred to Post Everlasting is a fitting tribute and pays homage to the courage and commitment they displayed in leading The American Legion, as well as the value they brought to the nation ...

Past national commanders are immortalized in the proud history of the organization, and dignified care of their final resting places is a respectful recognition of their lasting legacies ...

These Legionnaires have dedicated many years of their lives to promote the principles of The American Legion under the Four Pillars ...

Many of our national commanders not only made an impact within The American Legion, but within their own communities, states and the nation ...

Eleven past national commanders are currently buried in Arlington National Cemetery ...

Many of our American Legion posts and departments annually pay tribute to those who came before us ...

It is our responsibility to not only preserve the memories and incidents of our associations in all wars, but to honor and remember those who came before us as well ...

Be it resolved ...

That the Internal Affairs Commission shall maintain a record of the resting places of American Legion past national commanders and share said locations with the department to which each past national commander belonged ...

That departments and posts are encouraged to honor those past national commanders' gravesites to remember them and pass on their legacy to future American Legion Family members, veterans and the general public.

Passed, American Legion National Executive Committee, May 4-5, 2022

Legionnaire leads 'After Action' conversations with veterans

In January, PBS' South Carolina Educational Television debuted "After Action" by Stacy Pearsall, a retired Air Force combat photographer and member of American Legion Post 166 in Goose Creek, S.C.

As the show's host, Pearsall seeks to "demystify the military experience," highlighting the experiences of 21 veterans from across the country in candid conversations about their lives before, during and after service. "Wherever the conversation goes, it goes," she says, noting that veterans don't always have these types of talks with family members. "'After Action' is trying to achieve a more open dialogue ... explaining why we are the way we are."

After an injury during her second deployment to Iraq in 2007, Pearsall faced a long recovery. Believing servicemembers need a "continuation of service," she started the Veterans Portrait Project at her local VA hospital, which grew to include photos and stories of some 8,500 veterans in all 50 states.

Pearsall is pursuing sponsorship for a second season of "After Action." Season 1 episodes can be streamed at **pbs.org/show/after-action** or Amazon. The show's website, **afteractionshow.org**, includes resources for veterans.

Listen to, or watch, Pearsall's interview with the Legion's Tango Alpha Lima podcast: ***legion.org/tangoalphalima***

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Photo by Jeric Wilhelmsen

Not your typical yoga class

AC/DC songs help pump energy into regular fitness events at **American Legion Post 34 in Cave Creek, Ariz.,** where instead of yoga poses participants perform movements like "touchdown" and "diamond cutter."

Geared to "old gray-haired guys covered in tattoos, riding Harleys, who never would be caught dead doing yoga," the classes are led by Scott French, a disabled Army veteran, former martial arts instructor and Post 34 member.

Years ago, French's doctors recommended spinal fusion surgery and knee replacement. "I found myself in a state of depression with a busted back," he says. "I was also going to VA for four hours a week for counseling and rehab."

Then French was introduced to DDP Yoga (DDPY), developed by former pro wrestler "Diamond Dallas" Page Falkinburg Jr. French lost 40 pounds and was able to rebuild his core to support his lumbar, avoiding surgery.

French started leading DDPY classes at Post 34 about four years ago. When he heard about the Legion's Be the One initiative, he saw an opportunity to dedicate a week in March, combining the classes with an emphasis on mental health. Warrior's Purpose, a subset of DDPY, has the same purpose as Be the One: reducing veteran suicide and removing the stigma of seeking mental health treatment.

"It's important to talk about mental health, especially during these times," French says.

At Post 34's DDPY events, a table was set up to provide participants with information, resources and an introduction to the Be the One initiative.

Learn more about DDPY and its discounted rate for veterans at **ddpyoga.com**.

– Henry Howard

10,597
Participants in American Legion Boys State programs nationwide in 2022

Photo by Jeric Wilhelmsen

Post pipe band to Normandy

The Amityville, N.Y., American Legion Pipe Band will serve as lead pipe band and official U.S. representative at next month's D-Day commemoration in Normandy. The band will perform at wreath-laying ceremonies at Brittany and Omaha Beach cemeteries, and parade services in Sainte-Mère-Église. The group is tentatively scheduled for an event in Paris as well.

Drum major Jim Gilchrist is a Vietnam War Air Force veteran and member of American Legion Post 1066 in Massapequa, where the pipe band is based. It retains the name of its hometown, nearby Amityville, where it was founded by World War II veterans at Post 1015 in 1952. The band is open to all, Gilchrist says. "Anyone who wants to play, we'll teach them."

For Gilchrist, the trip to Normandy has special significance. His father was a medic who went ashore with the first wave of troops on D-Day; he walked out of the landing craft into 10 feet of water and had to cut away his medical equipment to not be pulled under.

Follow the Amityville Highland Pipe Band's D-Day trip on its Facebook page.

– Laura Edwards

Facebook photo

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— J. Fitzgerald, VA

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HEALTH & FITNESS BY JENNIFER CAMPBELL

A brief guide to fats

Envato

There is lots of confusion about the role of fats in a healthy diet. For decades we saw low-fat diet trends, and now high-fat diets like keto and paleo are becoming popular. Regardless of diet, here are some scientifically supported facts about the macronutrient.

Fat is a source of essential fatty acids, which the body cannot produce itself. Fat is a key component to health and helps the body absorb vitamins A, D, E and K. Each gram of fat contains nine calories, compared to four calories per gram in both protein and carbohydrates, the other macronutrients. Since fat is more calorically dense, monitor your portion sizes.

There are two categories of fats: saturated and unsaturated. The medical community largely advocates for more consumption of unsaturated fats, due to the increased risk of atherosclerosis and heart disease from saturated fats.

Saturated fatty acids pack together tightly and increase levels of low-density lipoprotein (LDL), the "bad" artery-clogging cholesterol. Unsaturated fats raise levels of high-density lipoprotein (HDL), the "good" cholesterol. HDL sweeps up excess LDL in the blood and carries it to the liver for removal. By increasing levels of HDL, unsaturated fats help protect against the harmful effects of saturated fats.

Saturated fats are mainly found in animal sources. Meat and dairy products from grass-fed cattle are healthier than from grain-fed cattle. The grass-fed meat has significantly lower levels of saturated fat, and higher levels of omega 3 and 6 fatty acids. If you eat red meat, opt for lean cuts of grass-fed beef for the most health benefits. Unsaturated fats are typically found in plant sources.

Trans fats are a type of unsaturated fat, also known as industrial trans fats or partially hydrogenated oil (PHO), which occurs when vegetable oils are chemically altered to stay solid at room temperature, giving them a longer shelf life. The health risks from PHO are so great that the FDA has banned food manufacturers from adding it to foods.

What foods are part of a healthy diet?

Sources of healthy fats

- Avocados
- Eggs (free-range)
- Fatty fish such as salmon, tuna, sardines, mackerel, trout, pollock and herring
- Almonds, walnuts, pistachios, pecans, Brazil nuts
- Pumpkin, flax and chia seeds
- Peanut and nut butters
- Dark chocolate (85% or higher)

Fats to avoid

- All trans fats
- Red meat (grain-fed)
- Dairy (grain-fed)
- Soybean, corn, canola, sunflower, safflower oils
- Vegetable shortening
- Margarine
- Pork fat

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of the California American Legion's 24th District and Hollywood Post 43.

Did you know?

The human brain is made up of nearly **60% fat**.

Break the smoking cycle

Managing stress key to coping with cravings, quitting habit.

BY MICHELLE GIBEAULT TRAUB

Envato

Smoking continues to be a leading cause of preventable diseases and death. More than 16 million Americans live with smoking-related medical conditions. This is of particular concern to servicemembers and veterans, who are more likely to smoke than civilians.

A 2018 Centers for Disease Control and Prevention report showed that 29.2% of veterans reported using tobacco products, and that individuals diagnosed with PTSD were twice as likely to smoke.

People often start smoking to relieve stress. The nicotine in tobacco leads to the release of dopamine; this "happy hormone" offers a quick boost of relief. But it also sends signals to the brain that result in intense cravings for more. When smokers attempt to quit, they experience withdrawal symptoms such as depression, anxiety, fatigue and hunger - some of the very symptoms they were trying to alleviate by smoking. The result is a harmful cycle that is extremely difficult to break.

Quitting smoking typically requires a multipronged approach and several attempts. VA programs include in-person counseling, support groups, SmokefreeVET Text Message, the Stay Quit Coach app and the Quit Vet Quitline at **1-855-QUIT-VET**. Go to **veterans.smokefree.gov** for information on these free services.

The emotional freedom technique (EFT), or "tapping," is another option for smoking cessation and the relief of PTSD. By tapping various points around the face and upper body, a person tries to achieve a sense of calm. Veterans and servicemembers can learn EFT and other healing practices through the nonprofit National Institute for Integrative Healthcare. Learn more at **stresssolution.org**.

If you're a smoker, don't lose hope about quitting. Reducing stress could be the key to breaking the powerful hold of nicotine.

Michelle Gibeault Traub is a dietitian and health writer based in Connecticut.

12.9%
VA enrollees classified as current smokers, down from 13.3% in 2020

55.5%
VA enrollees classified as "ever smokers" in 2021

Source: 2016-2021 VA Survey of Enrollees

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

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THE MISINFORMATION AGE

Social media, growing distrust in institutions fuel spread of false claims.

BY ALAN GREENBLATT

Illustrations by Austin Powell

Fentanyl is one of the nation's worst killers. More than 70,000 Americans die each year from overdoses of the synthetic drug, not to mention all the other harms associated with its use. Tiny amounts can be fatal, which is why law-enforcement agencies often comment after major busts that they seized enough fentanyl to kill the population of an entire city, the whole country or all of North America two times over.

For fentanyl to be lethal, though, it has to be ingested. That might sound like common sense, but numerous news accounts and social media posts have claimed that police officers have been seriously sickened by exposure to microscopic amounts of fentanyl. This doesn't happen. The drug doesn't float through the air, and stray micrograms don't suddenly insert themselves into officers' skin. Just being around the drug is not dangerous. The proof is that the people who deal or even manufacture the stuff don't wear protective gear. Last year, a pharmacist published a case study about spilling a massive dose of pure liquid fentanyl on himself and suffering no consequences whatsoever.

The fear caused by false reports, however, can do real damage. Police are more likely to shy away from making busts or assisting people who are overdosing. Some of their real symptoms that make the news are caused by fear itself – panic attacks and the like. "Police really do face a range of threats, and this capitalizes on a natural fear of a drug that's killing thousands of people each year," says Brandon del Pozo, a former New York police officer who is now a health researcher. "This is a unique situation where the threat is a myth."

The myth of the danger of fentanyl exposure is just one example, among many these days, of misinformation spreading widely and having real-world consequences. In fact, it's hard to think of a major issue, whether climate change or COVID-19, immigration or elections, where the debate has not been infested by

misinformation. One poll last year found that 91% of American adults believe the spread of misinformation is a problem, with 74% calling it a major problem. Sizable majorities on both ends of the political spectrum believe misinformation contributes to extreme views.

Misinformation is nothing new. You can find complaints about false statements and propaganda dating back to Greek and Roman antiquity. But misinformation has become rampant in part because of social media, which turns out to be a better vehicle for spreading false information than carefully filtering through ideas to find out what's true.

"It's coming to people through more channels," says Sander van der Linden, author of "Foolproof," a new book about misinformation. "People are bombarded with both accurate and false information and it becomes harder to keep track of it."

People are not just accidentally bombarded. That can happen – "misinformation" is the commonly used term, but technically it refers to the accidental spread of false information. Disinformation happens when people intentionally spread lies, whether politicians or people (or bots) trying to sell something or just get more clicks, or foreign actors seeking to destabilize other countries.

"Russia has been doing this since the days of the czar," says Jonathan Rauch, a senior fellow at the centrist Brookings Institution. "It's gone from being really expensive – having to get documents onto a submarine – to being really easy and cheap."

74%
Adults who say the spread of misinformation is a major problem Source: AP

Media literacy

Over the past decade, Finland has integrated media literacy into its core curriculum, teaching students how to check news stories for falsehoods, how to think about whether they're being manipulated by algorithms or emotional appeals, and how to spot "deepfakes" – heavily manipulated audio or video recordings.

"It's everyone's task to protect the Finnish democracy," Jussi Toivanen, who teaches media literacy at an adult education center in Helsinki, said a couple of years ago. "The first line of defense is the kindergarten teacher."

There's a lot less media-literacy instruction in the United States. A poll last year found that a majority of adults were not taught how to analyze stories for credibility or bias. Eighteen states have passed legislation promoting media literacy in schools, but only three states require it (Delaware, New Jersey and Texas). Among the rest, it's often mostly advisory. State education officials put guidelines on a website that may or may not be adopted by teachers. "Young people's ability to reason about the information on the internet can be summed up in one word: bleak," concluded a Stanford University study.

When you come across a news story or social media post that sounds far-fetched, ask yourself whether it sounds credible or even likely. What is the source of the information? Does the person or organization promoting it likely have a bias? Are they trying to sell you something, even if it's only an idea?

Remain skeptical. If something sounds either super-appealing or highly unlikely, it just might be wrong. "We should be more open to the fact that we are being manipulated by anyone and everyone," says Andrew Selepak, who teaches media at the University of Florida.

As Mark Twain said, "A lie can travel halfway around the world while the truth is still putting on its shoes." Actually, that quote itself is a lie – or at least Twain never said it. That's true about a lot of quotes attributed to famous figures on the internet. People love spreading wrong information, even if they don't mean to. One MIT study found that "falsehood diffuses significantly farther, faster, deeper and more broadly than the truth," with false news stories 70% more likely to be retweeted than true ones, with the truth taking twice as long to reach the same number of people as falsehoods.

Why is that? For one thing, falsehoods are often shorter and, as stories, more appealing than the truth. It takes fewer words to make fentanyl sound dangerous to cops, for example, than it does to lay out the reasons why it's actually safe. A Senate staffer once said it takes five minutes to explain immigration policy but only 30 seconds to lie about it. And there are often incentives to lie, which we know anytime we encounter a shady politician or an aggressive salesman.

Even a person with only a few social media followers can launch a lie that travels far and wide if it tickles the right part of a platform's algorithm. People want to be part of a community, which means sharing certain beliefs, some of which might turn out to be mistaken. It's human nature to be more likely to trust something posted by a friend or a relative, even if it turns out that person is full of beans. Sometimes, the more outrageous the claim, the more appeal it has, because people love to feel like they're in on a secret that "they" don't want you to know about. Artificial intelligence might make all of this worse.

In contemporary politics, Americans are ready to believe the worst about those on the other side of the partisan divide. What are actually not just untruths but slanders can gain great currency if they manage to reinforce already-held ill opinions about a public figure.

"When people are polarized, it becomes much easier for them to believe anything about the other side, and that's much easier to exploit," Rauch says.

1,800
Local newspapers shut down between 2004 and 2018
Source: University of North Carolina

50%
Americans who believe most national news outlets intend to mislead, misinform or persuade the public
Source: Knight Foundation

If a politician refers to a lie, there's a good chance much of the public won't believe them, because many don't consider them a credible source. Once you're accustomed to hearing politicians from the other party described as "extreme radical socialists" or "neo-Confederate fanboys," there's not much chance you're going to take seriously anything that comes out of their mouths. Especially when they say someone on your own side is lying.

It's become so commonplace for politicians to accuse their opponents of lying or spreading misinformation that it's like crying wolf. When you say everything's a lie, people won't believe you when you actually point out something that has no basis in fact. The Supreme Court, by the way, reasoned about a decade ago that most political lies are protected speech – in part because, the justices argued, the government can't be trusted to determine what are lies.

A study released this year by Stanford University found that liberals and conservatives hold different values when it comes to blocking misinformation. "Even when Republicans agree that content is false, they are half as likely as Democrats to say that content should be removed and more than twice as likely to consider removal as censorship," according to the study.

There are indeed a lot of falsehoods out there, says David Greenberg, a professor of history and media studies at Rutgers University, but what used to be dismissed as spin now gets labeled as misinformation. "Things that we used to consider differences of interpretation,

or different takes on the same phenomenon, are increasingly getting portrayed as falsehoods or even lies," he says.

The same sort of distrust has certainly seeped into news media. Another old saw holds that you shouldn't believe everything you read in the newspaper. Americans certainly have taken that to heart – but their disbelief often extends only to certain news outlets. Conservatives distrust CNN and MSNBC, while liberals hate Fox News. There's not a "newspaper of record" viewed as a reliable source by a broad majority of Americans.

This extends to fact-checking. Many news outlets seek to determine whether particular statements are rooted in fact or falsehood. Democrats tend to look at fact-checking sites more often than Republicans, with conservatives viewing the whole exercise as more evidence of supposed liberal media bias. In his book "Uncovered," Steve Krakauer accuses fact-checkers of being nearly obsessed with former President Donald Trump and other Republicans, while giving Democrats a softer ride. "Fact-checking has gotten portrayed as a liberal thing, when in fact it's a non-partisan thing," says Bill Adair, a Duke University journalism professor who founded the fact-checking site Politifact.

26%
Americans who have a favorable opinion of news media
Source: Knight Foundation

82%
Americans who get news through digital devices Source: Pew Research Center

Our eroding trust in experts

When your doctor gives you bad news, you might want a second opinion. The question then becomes whether you'll seek out another doctor, or just find information on your own on the internet that may or may not be helpful.

During the pandemic, trust in doctors and other scientists declined, as measured by polls. They're still considered more credible than, say, economists, but Americans have become more skeptical about experts in general.

Some of this is understandable. People who are deeply knowledgeable about any given topic, whether Egyptian politics or earthworms, won't be right forever, because circumstances are always changing. The fact that the scientific process is more open than ever – with studies available pre-publication, rather than after careful vetting – encourages doubt, because some announcements get retracted or debunked. It naturally makes people dubious when one study comes out claiming that drinking wine is good for your health, then is quickly followed by another saying it's actually bad.

This effect is massively amplified by social media. There's plenty of second-guessing whenever an expert changes their mind, even if it's because of new data or information. Also, in today's environment, people who claim expertise muddy the waters, sowing confusion and casting doubts even when there's otherwise consensus. Partisanship plays a role, too. Whether the question is rooted in medicine, economics or politics, "one side typically expresses supreme confidence in … preferred experts while dismissing the other side's trusted sources," according to one 2021 study.

Science is not supposed to be about ideology. The whole enterprise is built around the idea that a hypothesis can be tested, with results then either replicated or rejected by other researchers. Recognizing how things have changed and knowing their pronouncements won't be taken as fact, medical scientists have taken to enlisting "trusted messengers," from celebrities to local clergy, for help relaying information to stubborn skeptics.

One way that fact-checkers are trying to restore their credibility among conservative audiences, Adair says, is by working with local news outlets, where the issues tend to be less heated or divisive than what gets covered nationally. "You can fact-check a county commissioner or a city council member on a zoning issue or whether to build a new road, and that is not a partisan issue," he says. "You get more fact-checking of all state and local politicians, holding them accountable but also building support for the concept of fact-checking."

It's not just news outlets that many people find dubious. Practically every institution in American life, from churches to the courts, has lost credibility or adherents in recent decades. That certainly extends to science. The whole project of science is coming up with results whose truth can be replicated by others. But it became clear during the pandemic that even questions of health can divide people according to their political beliefs.

"In many respects, there's no trusted source for anything anymore," says Andrew Selepak, a University of Florida journalism professor. "Everything has become politicized and become a partisan issue."

If there's lots of bad information floating around and being actively disseminated and promoted, and no one is viewed as a neutral arbiter, how are individuals supposed to decide who's telling the truth or when they're being lied to? Selepak and other experts recommend a mixed news diet, getting information from multiple sources. Every coin has two sides, and

64% Americans who think social media has been bad for democracy

79% Americans who think social media has made the country more divided Source: Pew Research Center

34% Americans who trust the media to report news "fully, accurately and fairly" Source: Gallup

Free speech and the internet

Politicians from both the left and right have attacked Section 230, which is sometimes referred to as the "First Amendment of the internet." They're angry about questions such as political bias or, in a case currently before the Supreme Court, the ability of terrorists to use sites to spread their evil. Section 230 has become a convenient shorthand for politicians who want to take Big Tech down a peg or two.

So what is Section 230? With the Communications Decency Act of 1996, Congress recognized that internet platforms are not like traditional publishers. It's one thing for a newspaper to be responsible for its own articles, but it's another thing altogether for social media companies to vet millions of posts per day.

When the law was enacted, Congress was thinking less about the infant internet than traditional broadcasters and telecommunication companies. But Section 230 allowed the internet to flourish – not just social media giants such as Twitter and Facebook, but every site or message board with a comment section. Really, just about everything we think of as the internet today.

Taking away Section 230 protections would potentially limit all kinds of interactions online, from reviewing products on Etsy to rating properties on Airbnb. In part for that reason, justices from across the ideological spectrum sounded wary about gutting the law during February's oral argument.

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you've got to see both to be sure what the coin looks like. Any single source, whether it's a news site or your cousin's Facebook feed, is bound to be misleading sometimes. It's a variation of Ronald Reagan's approach to the Soviets: don't trust, but verify.

On the other hand, that's a lot of work. People are already overwhelmed, and it's time-consuming to go looking for more information from multiple sources. Most people don't want to be confronted with disconfirming evidence anyway and are more likely instead to disengage or retreat into their own echo chambers.

"Humans are not wired to believe based on scientific processes," Rauch says. "We're seekers after theories that unite us to our tribes and confirm our priors."

For that reason, van der Linden argues it's not always the best strategy to fact-check lots of specific claims, however wrong they may be. Debunking has its purposes, but van der Linden is a proponent of "pre-bunking" – arming people with context and information that helps them know when they'll be sold a bill of goods.

Forewarned is forearmed, but it's impossible to anticipate every crazy conspiracy theory that suddenly emerges and gains traction. That's why van der Linden, who teaches psychology at the University of Cambridge, calls for people to be immunized against misinformation in general. There are certain age-old techniques that are very much still in use today, including playing on emotions, claiming false expertise, scapegoating certain communities or fashioning conspiracy theories that cast official explanations into doubt.

Van der Linden has helped design games that help people recognize such techniques and know when they're being played, using pop-culture references such as "Star Wars" and "Family Guy" that are outside the realm of politics or even the real world.

"You can inoculate people against conspiracy theories and how they work," he says. "We should be getting bipartisan support for the sort of programs that empower people to spot these manipulation techniques, using non-political examples."

10%
Americans who believe the earth is flat

12%
Americans who believe NASA faked the moon landings

Source: University of New Hampshire

57%
Americans who believed genetically modified crops were unsafe to eat in 2015, up 25% from 2001

Source: Pew Research Center

Other periods of American history, including the Gilded Age and the 1920s, saw widespread misinformation. Those eras resembled our own in certain ways, with political polarization and new forms of media emerging – such as radio and tabloids – that blurred the line between fact and opinion. What's happening today that hasn't much happened before, however, is disagreement about basic facts, including scientific findings, data and statistics.

There will always be some who believe preposterous lies, but the vast majority of people want to be well-informed and can learn to spot when someone's trying to trick them. In January, New Jersey became the first state to require public school students to learn about media literacy and misinformation. Republican state Sen. Mike Testa, who sponsored the bill, says he was worried about the amount of patently false information that's out there gaining traction.

"I truly believe our youths need to be given the skills to be critical thinkers regarding the information they are being fed, especially on social media platforms," Testa says. "When issues such as whether the Holocaust happened or whether the earth is round are becoming debatable – if we can't agree on those basic premises – then our society unfortunately may be doomed."

Alan Greenblatt is a senior staff writer with Governing.

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A CHARGE TO KEEP

The American Battle Monuments Commission's centennial is an opportunity to rededicate ourselves to honoring America's fallen – and educate the next generation of stewards.

BY CHARLES K. DJOU PHOTOS COURTESY AMERICAN BATTLE MONUMENTS COMMISSION

This year, the American Battle Monuments Commission (ABMC) celebrates its 100th anniversary of honoring the service and sacrifice of our nation's armed forces. ABMC has grown and evolved alongside groups like The American Legion in the past century. Together, we resolve to never let the memory of our fallen servicemembers fade.

Thanks to support from the early veterans service organizations, including The American Legion, Congress established the ABMC. On March 4, 1923, President Warren Harding signed the legislation creating our agency. As an early powerhouse among veterans groups, the Legion also provided natural fits for the agency's first commissioners, including D. John Markey, who previously served as chairman of the Legion's Military Affairs Committee and testified to Congress on behalf of legislation creating the ABMC. Josephine Bentley, a Gold Star Mother who was a leader with the American Legion Auxiliary in Chicago, also served on our agency's first commission.

In 1937, the ABMC dedicated its first World War I cemeteries and monuments, and The American Legion organized its 20th anniversary pilgrimage to Europe. Legion members came out in force to show their support during these events at ABMC sites. As the dedications of the six World War I cemeteries in France – Aisne-Marne, Meuse-Argonne, Oise-Aisne, Somme, St. Mihiel and Suresnes – were held simultaneously on Memorial

Oise-Aisne American Cemetery

Flanders Field American Cemetery

Chateau Thierry Monument

Meuse-Argonne American Cemetery

125,000

Approximate number of U.S. war dead interred at ABMC cemeteries overseas, with another **94,000** listed on the Walls of the Missing

ABMC operates and maintains **26** permanent American burial grounds and **32** separate memorials, monuments and markers in **17** countries on **five** continents.

Day, representatives from The American Legion and Veterans of Foreign Wars presided over four of the six dedications.

The final dedication was Oct. 7, 1937, at the Chateau-Thierry Monument in France. Referencing the dead buried in the nearby Aisne-Marne and Oise-Aisne American cemeteries, American Legion Past National Commander Harry Colmery closed his remarks by noting, "Their task is done. Ours remains before us." These words continue to serve as a charge to the ABMC for maintaining the honor and memory of these fallen, in perpetuity.

Also during that trip, then-Ambassador to France William C. Bullitt presented to The American Legion a sculpted bust of General of the Armies John J. Pershing, the ABMC's first chairman and a member of George Washington American Legion Post 1 in the nation's capital. A card-carrying, dues-paying Legionnaire, Pershing declared, "They are my comrades in service, to the last man." Pershing's election as honorary national commander at the Legion's October 1926 convention speaks to a high level of mutual respect between the ABMC and The American Legion.

We live by Pershing's promise in fulfilling our ABMC mission: that "time will not dim the glory of their deeds."

In 2017, ABMC acquired the **Lafayette Escadrille Memorial Cemetery** near Paris, where remains of 49 of the first Americans to fly combat missions in World War I are interred in crypts, along with two of their French commanding officers. The monument above the sarcophagus honors the 200-plus American volunteer pilots, including the first African American combat ace, Eugene Bullard, who flew 20 missions with French squadrons and brought down two enemy aircraft.

Lafayette Escadrille Memorial Cemetery

Pointe du Hoc Ranger Monument

The most-visited ABMC sites are **Normandy American Cemetery** at Colleville-sur-Mer and the co-located **Pointe du Hoc Ranger Monument** in France, which host nearly **3 million** guests each year.

ABMC recently loaned from its collection Tom Schenk's 1962 painting of the **American Legion Paris Post 1 Mausoleum** to the Cité de l'Architecture et du Patrimoine museum in Paris for an art deco exhibit.

I am honored The American Legion takes this charge as seriously as we do.

Moving into our next century of service, the ABMC is focused on exploring avenues to connect with new audiences. Art, architecture, and an enhanced focus on education and interpretation are some of the ways ABMC's mission is evolving for the future.

Art forms a key part of how we commemorate sacrifice. The ABMC maintains thousands of pieces of military and commemorative art pieces within our historical collection. We also regularly loan out our art to exhibits around the world as part of ongoing efforts to both preserve and educate the story of American service and sacrifice.

An example of ABMC's art preservation includes a 1962 painting by artist Tom Schenk featuring the American Legion Paris Post 1 Mausoleum. This painting memorializes American veterans, and echoes ABMC's commemorative mission to remember the service and sacrifice of our U.S. troops overseas.

The Schenk painting came to ABMC through The American Legion's connection to Pershing Hall in Paris. The Legion purchased Pershing Hall in the late 1920s and used it as a gathering space and social hub for Americans until it later transferred ownership to the U.S. government. Working closely with the Legion and VA, ABMC's local teams received some of the building's art and décor into storage. Replicas were created for some of the items to remain on display at the building, and ABMC retains 13 of the original pieces in its collection – including plates, busts and paintings – ensuring their preservation and safekeeping.

As part of our centennial, ABMC also unveiled the new documentary "Our Promise: 100 Years of the American Battle Monuments Commission." You

can view this documentary on ABMC's YouTube channel and at regional premieres around the country throughout 2023. We are also excited to launch our collaborative book with the Smithsonian American Art Museum this year, highlighting the rich architecture, sculpture, murals and other works of art featured at our cemeteries and memorials.

Our staff around the world continue to preserve and revitalize our sites to maintain their beauty, solemnity and historic integrity. We are opening a new visitor center at our Netherlands American Cemetery later this year and are always working to create engaging new educational tools and exhibits.

In February, ABMC's chief of staff, Mike Conley, spoke with the Legion's National Cemetery Committee during the organization's annual Washington Conference. Many of the members in attendance shared their own experiences at our overseas cemeteries – a testament to the connection we still share today.

We are grateful to have spent the past century in the company of individuals who truly understand the need to preserve the history of service and sacrifice made by our nation's military – and perhaps most importantly, who understand our obligation to steward the memory of our fallen into the next generation. We continue to encourage visitation at our sites, both in person and virtually through our online ABMC 360 program. We hope you have an opportunity to visit an ABMC site soon and look forward to continuing our common goal of honoring the sacrifice of America's veterans.

Charles K. Djou is secretary of the American Battle Monuments Commission. An Afghanistan war veteran, Djou served for more than 20 years in the Army Reserve. He is a former member of Congress from Hawaii who served on the House Armed Services Committee and House Budget Committee.

Netherlands American Cemetery

Cambridge American Cemetery Chapel

North Africa American Cemetery

Clark Veterans Cemetery

Lesser-known cemetery sites include **Netherlands American Cemetery** near Margraten (where the graves of more than 8,000 Americans are adopted and cared for by Dutch citizens), **Cambridge American Cemetery** (on a hillside outside the ancient city in England), **North Africa American Cemetery** (outside Carthage, Tunisia) and **Clark Veterans Cemetery** in the Philippines.

HUNGRY

INDYCAR champ Alex Palou, driving the No. 10 American Legion car, sets his sights on an Indy 500 win.

During the 2023 NTT INDYCAR Series season, 2021 champion Alex Palou is driving the No. 10 American Legion car with Be the One livery for Chip Ganassi Racing, sharing with millions of racing fans the Legion's suicide-prevention initiative – including at this month's Indianapolis 500.

Earlier this year, Palou sat down with American Legion Social Media Manager Steven B. Brooks to talk about his goals this season, the fun of meeting veteran supporters and his enthusiasm for the "Be the One" message.

You've driven the American Legion car a handful of times. That's expanded this season. What does it mean to you to represent the Legion on the track?

For me, especially, I feel honored. I think the progress we've had with the relationship – two races in 2021, a lot more races in 2022, and now in 2023 being the primary (sponsor) in the car – it gives us the opportunity to put in more work and try to help more people.

You've met with members of The American Legion at various races. How much are you looking forward to that this season?

When you represent a group and can interact with them, it makes it more special. I show them the car and we talk a little bit about the race. It's quite satisfying when you meet the people you are working with and helping.

INDYCAR has a large and diverse audience. How important is it to get that Be the One message out about veteran suicide and what people can do at the local level to help?

When you hear the actual (veteran suicide) numbers from each day, it's quite brutal. We're just trying to help people. If each one can help even one person, we can help a lot of people. I think the (initiative) worked a lot last year and was easy to understand – what you can actually do as an individual.

You've had an impressive two years, winning the NTT INDYCAR championship in 2021 and finishing fifth last year. What are your goals this year, as a driver and as part of a team?

Win. We were successful in 2021, we were really successful in the beginning of 2022, but we were unable to maximize everything. We would get a lot of podiums but no wins until the end of the season. We've got some more experience and a group of guys who are really strong. I have one championship, and that just created a hunger for more. But the thing that comes first is the Indianapolis 500. It's the biggest race of our season and of motorsport racing, and I need to win that race.

Watch the 107th Indianapolis 500 on May 28 on NBC and Peacock. The green flag is scheduled to wave at 12:45 p.m. Eastern.

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LORE OF THE LEGION

STORY: JEFF STOFFER
ART: ASHLEY OLSON
EDITOR: AUGUST UHL

A 9-YEAR-OLD BOY GOES TO MASS IN STEELTON, PA., WHERE HE SEES A U.S. FLAG IS DRAPED OVER THE CHURCH FAÇADE. HE ASKS ABOUT IT.

TOLD THAT IT HONORS A LOCAL GI WHO DIED FIGHTING TO LIBERATE NEW GUINEA FROM THE JAPANESE IN WORLD WAR II, HE REALIZES THIS WAS SOMEONE HE KNEW, AND KNEW WELL...

A LOCAL COAL CARRIER HE CALLED "UNCLE BILL" WHO WOULD SOMETIMES LET HIM RIDE IN THE TRUCK ON HIS ROUTE.

THE BOY MAKES A PROMISE.

"SOMEDAY IM GOING TO FIND OUT WHERE HE DIED.'

HE GROWS UP, JOINS THE NAVY, SERVES AS A RADIO OPERATOR AND BEGINS A LIFE OF DEDICATION TO HIS FELLOW VETERANS. IN 1991, DOMINIC DIFRANCESCO IS ELECTED NATIONAL COMMANDER OF THE AMERICAN LEGION. HIS PLATFORM: DESERT STORM FAMILIES AND VETERANS, AGENT ORANGE EXPOSURE BENEFITS, THE VA BUDGET, AND...

MEMORIALIZING U.S. HEROES WHO DIED FIGHTING IN NEW GUINEA.

THE JAPANESE HAD ALREADY DEDICATED MONUMENTS TO THEIR WAR DEAD THERE.

THE FOLLOWING APRIL, THE COMMANDER LEADS A LEGION EXPEDITION MORE THAN 10,000 MILES TO INSTALL BEACH-SIDE AMERICAN LEGION MEMORIALS AT BUNA AND SANANANDA, LOCATIONS NOT VISITED BY AMERICANS SINCE THE WAR, PLUS ANOTHER IN AUSTRALIA.

VILLAGERS DANCE AT THE LEGION'S ARRIVAL, AND A NATIVE LANDOWNER APPROACHES DIFRANCESCO.

"I HAVE BEEN WAITING FOR YOU FOR MORE THAN 20 YEARS, EVER SINCE THE JAPANESE BUILT A MEMORIAL... I SAID IN MY HEART, 'SOMEDAY, THE AUSTRALIANS OR AMERICANS WILL COME BACK, AND WHEN THEY DO, I WILL GIVE THEM THIS LAND TO HONOR THEIR DEAD.'

Dominic DiFrancesco

TODAY, YOU HAVE RETURNED, AND MY WISH IS COMPLETE...

THIS MEMORIAL WILL ALWAYS BE A SIGN OF OUR GRATITUDE AND A SYMBOL OF THE FRIENDSHIP THAT WILL EXIST BETWEEN OUR PEOPLES."

THIS *LORE OF THE LEGION* ILLUSTRATED BY:

U.S. NAVY ET2 ASHLEY OLSON, DOD SKILLBRIDGE PARTICIPANT

#57

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Camp Lejeune Justice Act and attorney fee caps

Courtesy Bergmann & Moore

As talk about attorney fee caps heats up in Washington, Congress continues to grapple with how much is too much in terms of attorney fees related to Camp Lejeune Justice Act (CLJA) attorney representation. The range in proposed fee caps has deviated widely between a 2% to 10% fee cap first proposed by Sen. Dan Sullivan, R-Alaska, and more moderate measures ranging from 25% to 33.3%. Unfortunately, the discussion about fee caps leaves out consideration of capping costs, which are separate and distinct from attorney fees.

An attorney in any litigation typically recovers fees and costs. Attorney "fees" are like wages, and equate to time and labor of the attorney and their staff. "Fees" do not include case "costs." Attorney costs are generally unknown at the commencement of litigation and are defined as expenses incurred in litigation. These relate to such things as court filing fees and postage/courier fees, but also include claim-development costs that include medical nexus costs. To be clear: a good CLJA attorney will not limit pursuit of claims to conditions/diseases the government considers presumptive to toxic-water exposure. These are considered easier cases, as a medical link between a presumptive condition, and the exposure is considered already established. A medical nexus opinion is necessary for a lawyer to establish a link between a particular medical condition (not deemed presumptive) and a disease/condition claimed as related to toxic-water exposure. To use an extreme example, medical research documents a known link between toxic-water exposure and excessive tooth decay. This condition is not on the presumptive list.

Attorney "costs" are relevant to the attorney fee-cap debate because these can amount to thousands of dollars. Indeed, one prominent attorney in the CLJA field has publicly suggested that his firm will be spending between $100,000 and $300,000 in medical costs per claimant. These costs will come out of any award to a veteran/claimant. Putting this into perspective, say a veteran signs a fee agreement for 40% attorney fees plus costs. If this veteran wins a $300,000 settlement in court (related to toxic-water exposure) and his law firm spent $150,000 in medical development costs, the veteran's award after fees and costs would be $90,000 ($300,000 - $150,000 x .60). This means the law firm would recover $210,000 in fees and costs. This doesn't seem right and is precisely why any discussion about attorney fee caps must also include a cap on costs.

The American Legion has entered into a memorandum of understanding with Bergmann & Moore, LLC, to help veterans understand the CLJA. Bergmann & Moore has capped its fees and costs at 33.3%. This means that regardless of medical development costs associated with the case, the veteran/claimant will never receive less than 66.66% of any court award. Using the $300,000 award example, the veteran would receive $199,800 in a court settlement – a difference of $109,800.

If you are interested in filing a CLJA claim, you may speak to someone personally by calling **(800) 898-9450**, or by filling out the form at **www.camplejeunelitigationteam.com/al**.

If you have questions before filing a claim, you may call Elizabeth Hartman, Bergmann & Moore's CLJA liaison with The American Legion, at **(252) 497-7255**. The Legion encourages veterans/claimants to reach out to a CLJA attorney for any condition they think may be related to toxic water exposure while stationed at Camp Lejeune.

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BACK IN ACTION

American Legion Washington Conference held in person for first time since 2020.

93.8%

Attendees at the American Legion/Hiring Our Heroes job fair who reported that the fair helped broaden their knowledge of employment opportunities

With congressional offices at last reopened to visitors, the full American Legion Washington Conference returned Feb. 26-March 1, following two years of virtual meetings due to the COVID-19 pandemic.

This year's conference culminated in American Legion National Commander Vincent J. "Jim" Troiola's testimony before a joint session of the House and Senate Committees on Veterans' Affairs. He outlined the Legion's top priorities for Congress in 2023, including implementation and oversight of the PACT Act, VA modernization, and mental health and suicide prevention.

On Feb. 28, during the Commander's Call, conference attendees received briefings from members of Congress, VA staff, the military and Oksana Markarova, the Ukrainian ambassador to the United States. Then American Legion Family members headed to Capitol Hill to meet with their representatives and senators and share the Legion's legislative priorities.

Watch videos of National Commander Troiola's testimony, Commander's Call speakers, Sons of The American Legion wreath-layings and more: ***legion.org/washingtonconference***

"To us, suicide prevention is a pact we share with our friends and comrades of military service, a promise from each of us in The American Legion to 'Be the One' to save at least one other veteran from suicide."

American Legion National Commander Vincent J. "Jim" Troiola

"When VA health care was lacking, untimely and confusing, The American Legion was there. When our female veterans lacked access to imaging services and modern technology, The American Legion was there. When members of the greatest generation needed medical services and nursing home care, The American Legion was there. As our veterans from Operation Iraqi Freedom and Operation Enduring Freedom struggle to transition from combat – struggle with mental health, rejoining the civilian workforce, and exposure concerns and benefits – The American Legion was there .... Your dedication to supporting our nation's warfighters remains resolute."

Marine Corps Brig. Gen. Stephen Lightfoot, director of the Corps' Capabilities Development Directorate, speaking at the Commander's Call

At just 26 pounds, only one folding mobility chair has the power to change your life.

The Journey Air Elite features the latest carbon fiber technology for the ultimate in portability and performance

Mobility issues affect over 1 in 5 Americans. These individuals, and their loved ones, know how decreased mobility can result in loss of independence, pain and falling hazards. They are often stuck at home, missing out on a variety of activities, in a vicious cycle that diminishes their quality of life. In the past, mobility devices like scooters and power chairs were too heavy and bulky to transport easily. Now, carbon fiber material invented for the aerospace program has been used to create the ultimate mobility device. It's called the Journey Air Elite ... and there's nothing else like it on earth.

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At only 26 pounds, the Journey Air Elite combines lightweight portability with world class performance. It's simple to use joystick and powerful dual-motor drive system enables you to zip around quickly and safely. It's easy to maneuver, never tips, fits easily through doorways, and can go right up to a table or desk. Once you are done, just one pull on the seat handle folds it up. There's a fold-down back to make it even easier to stow and store. It features flat-free tires and rear anti-tippers for added convenience and safety.

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87002

Navy

Surveillance balloon intercept honors World War I hero

The tandem of F-22s that intercepted and splashed a Chinese surveillance balloon near South Carolina used their mission callsigns to pay homage to a World War I airman who carried out a very similar mission more than a century ago.

As Task & Purpose reports, the call signs "FRANK01" and "LUKE01" were a tribute to 2nd Lt. Frank Luke Jr., who shot down 14 Imperial German observation balloons over France. Hailed as the "Arizona Balloon Buster," Luke was the first Army Air Service airman to receive the Medal of Honor.

"How fitting is it that 'FRANK01' took down this balloon in sovereign airspace of the United States of America," said Air Force Gen. Glen VanHerck, commander of U.S. Northern Command.

Legacy Motown Revue to headline National Commander's Banquet

Courtesy Legacy Motown Revue

The National Commander's Banquet will be Tuesday, Aug. 29, at the Charlotte Convention Center, during the 104th American Legion National Convention. The featured performer, Legacy Motown Revue, describes its act as "paying homage to the music that molded multiple generations and gave Detroit a claim to fame other than cars … the Legacy takes you back to the days of the Drifters, the Coasters, the Jacksons, Earth, Wind & Fire, the Temptations and so many more legendary icons." Four dancing/singing performers are backed up by a six-piece horn band.

Tickets are $60; contact your department adjutant for more information.

Courtesy Doughboy Foundation

Taps at WWI memorial can be dedicated to post namesakes, veterans

Every afternoon at 5 Eastern, a uniformed bugler marches forward at the National World War I Memorial in Washington, D.C., and solemnly sounds taps.

The Doughboy Foundation provides the Daily Taps tribute and other such programming for the memorial that was brought to life in 2021 by the National World War One Centennial Commission, on which The American Legion has a seat. The foundation offers the opportunity to dedicate the daily tribute to a member of the U.S. Armed Forces who served in the Great War, and many Legion posts have already had ceremonies in honor of their namesakes. Individuals are also welcome to reserve a tribute.

A donation of $250 per dedication is asked. Funds raised help cover the cost of programs, services and special events such as wreath-laying ceremonies, Bells of Peace commemorations, historical presentations and more. Those who need financial assistance with a tribute can email a request to **tapstorch@doughboy.org**.

Each specially dedicated sounding of taps is streamed live on the Doughboy Foundation's YouTube channel and is housed there. The veteran's name is prominently displayed on the video. Frameable certificates are also printed and delivered in honor of the moment. To make reservations, visit ***doughboy.org/daily-taps/reserve-your-dedication***.

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5th Generation Nitric Oxide Breakthrough Proven in Clinical Trials to Restore Maximum Blood Flow

Men across America are raving about a newly enhanced potency supplement that helps achieve healthy blood flow on demand

After age 40, it's common knowledge that performance begins to decline in many men. However, a new, performance empowering pill is showing that any relatively healthy man can now enjoy long-lasting, and frequent intimacy – at any age.

This doctor-designed formula, created by leading anti-aging expert Dr. Al Sears, has already helped men overcome low and sinking libido -- and has recently undergone a potency-enhancing update – with remarkable new results.

When the first pill -- **Primal Max Black** -- was first released, it quickly became a top-selling men's performance helper, promoting intimacy across America.

It worked by supporting healthy testosterone levels. However, Dr. Sears soon realized that this isn't the only challenge men face with performance. That's when he turned his attention to blood flow.

And this became **Primal Max Red**.

PROBLEM IS, RESULTS ARE MORE MECHANICAL THAN HORMONAL

Truth is, once blood flow slows down for men, no matter how exciting it is, it won't be enough without the necessary amount…

So enjoying intimacy without healthy blood flow becomes difficult for most men.

Luckily, a Nobel prize-winning scientist discovered the simple answer to help support performance strength and confidence -- by boosting vital blood flow -- and enhancing this essential performance function.

Using this landmark Nobel Prize as its basis, **Primal Max Red** enhanced healthy blood flow for untold millions of men around the world with the use of strong nitric oxide boosters.

While **Primal Max Black** helped maintain optimal testosterone, **Primal Max Red** tackles a lesser-known challenge.

Director, Al Sears MD, who has authored over 500 scientific papers and has appeared on more than 50 media outlets including ABC News, CNN, ESPN, Discovery, National Geographic, Lifetime, and many more say, *"Less than optimal blood flow can be part of a huge problem that affects a lot of men. And it needed to be addressed once and for all, so men would not dwell on it. Then, once we optimized it and had a great deal of success, we set out to see if we could do even better."*

The former formula had excellent results. However, new research showed that for even faster, anytime, anywhere results, increasing the dose of a key compound was needed.

So, one of the three nitric oxide boosters in the new **Primal Max Red**, L-Citrulline, was clinically boosted to 9000 mg, and the results were astounding. Which is no surprise considering that 5000 mg is considered a "normal amount" -- giving the new version nearly doubled the blood flow boosting power.

Men who had previously been unsure about their power and stamina were overjoyed to be back to their old selves and to get and maintain a healthy bloodflow when they needed it.

A new discovery that increases nitric oxide availability - resulting in even quicker, stronger, and longer-lasting performance.

BETTER BLOOD FLOW, STRONGER RESULTS

The best way to promote healthy blood flow throughout the body is with the use of **Primal Max Red**. By using it, when exciting signals leave the brain, blood flows much faster like it used to.

This critical action is how men across the country are enjoying full and satisfying performance at any age. No need to bother with testosterone-boosting shots, blue pills, or shady capsules that have no effect.

Primal Max Red can effectively promote healthy blood flow that most men can use for maximum intimacy. This is leading to more greater capacity and satisfaction, coupled with long-lasting performance.

"There was a time when men had little control when it came to boosting their blood flow," Dr. Sears said. "But science has come a long way in recent years. And now, with the creation of nitric oxide-boosting **Primal Max Red**, men can perform better than ever, and enjoy intimacy at any age."

Now for men across America, it's much easier to stay at their performance peak as they get older.

HOW TO GET PRIMAL MAX RED (AND FREE PRIMAL MAX BLACK):

To secure free bottles of **Primal Max Black** and get the hot, new **Primal Max Red** formula, buyers should contact the Sears Health Hotline at **1-800-906-6696** TODAY. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about Primal Max, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back." The customer is responsible for the return shipping.

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Photo by Alyssa Schukar

ON POINT

THE AMERICAN LEGION IN WASHINGTON

AUTHORIZED USE OF MILITARY FORCE

"We are finally, legally, bringing a war to a close today."

U.S. Sen. Todd Young, R-Ind., at a March 16 American Legion press conference after the Senate advanced bipartisan legislation repealing the 1991 and 2002 authorizations for the use of military force (AUMFs) in Iraq – a move the Legion has long sought – to restore congressional oversight before the declaration of war

"Dropping these war authorizations has a way of sending a very powerful signal that the United States and Iraq working together will be a voice for stability in the region."

U.S. Sen. Tim Kaine, D-Va., speaking at the March 16 press conference

The American Legion's position calling for repeal of the 1991 and 2002 AUMFs is supported by Resolution 22, passed by the National Executive Committee in October 2020, which made the point in one "whereas" clause that the post-9/11 AUMF has been in effect over twice as long as the 1964-1971 Gulf of Tonkin Resolution that gave President Lyndon B. Johnson authorization, without a formal declaration of war by Congress, for the use of conventional military force in Southeast Asia.

Status: The Senate voted to repeal the AUMFs on March 29 by a 66-30 vote. The measure was set to go to the House of Representatives at press time.

Scan this QR code with the camera on your smartphone to follow efforts to repeal the 1991 and 2002 AUMFs.

Legion podcast features unique veteran stories

The American Legion Tango Alpha Lima podcast turned 3 on April 1. Recent episode highlights include:

- **Retired Navy SEAL and former NASA chief astronaut Chris Cassidy** sees his new role as president/CEO of the National Medal of Honor Museum Foundation as "a great opportunity to continue to serve."
- **"Air Force Ken" Corigliano,** whose TBI heightened his senses, increased his ability to learn and bolstered his athletic success: "When someone says 'banana,' I see it, I taste it, I feel it ...."
- **Marine Corps veteran Brianna Renner,** who serves as CEO of the Veterans Yoga Project: "Our mission is to support the recovery and resilience of veterans and military families and communities."

Check out these and more than 170 other episodes at **legion.org/tangoalphalima**.

MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

How to switch GI Bill chapters

Q: *I'm enrolled full-time at a California school that is online. I qualified for a scholarship that pays my tuition, fees and books. Last semester, I used my Post-9/11 GI Bill educational benefits. My monthly housing allowance was $916.50. According to VA, I'm eligible to receive Chapter 30 and/or Chapter 33 benefits. Is it better to use Chapter 30 given that it pays $2,210 a month?*

A: VA allows an eligible veteran to switch from Chapter 33 to Chapter 30. If the veteran has already utilized some of their Chapter 33 benefits, it counts against how many months of Chapter 30 benefits the veteran may receive. Those qualifying for two different chapters are entitled to 48 months of full-time benefits. To switch chapters, complete an application at **va.gov** and elect the day you want to switch your chapter. VA will send a certificate of eligibility, which must be provided to the school to ensure the correct benefit is certified. The best resource on choosing the correct benefit is the GI Bill comparison tool at VA's website.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. ***askvalerie@ legion.org***

A new *Arizona*

For the first time since Dec. 7, 1941, the Navy will have a USS *Arizona* serving in the fleet. As *Popular Mechanics* reports, the new *Arizona* is a *Virginia*-class attack submarine. The sub's keel was laid recently at General Dynamics Electric Boat's Quonset Point facility in Rhode Island.

Of the 2,403 Americans killed during the Pearl Harbor attacks, 1,177 were aboard the battleship *Arizona*. "Unlike other ships, which were raised and repaired after the attack, *Arizona* was too badly damaged, becoming a permanent memorial to the attack in 1962," *Popular Mechanics* notes, adding, "The U.S. Navy frequently reuses ship names, but until now has never reused *Arizona*."

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[1]Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.

LT 70067 A

FOCUS ON FINANCES BY J.J. MONTANARO

How Secure 2.0 Act changes retirement

The Secure 2.0 Act has a laundry list of promising provisions to be implemented over the next 10 years. Overall, it looks like the bipartisan effort yielded a product that will offer the potential to enhance your retirement. I've boiled it down to seven provisions I'm pretty sure will touch your life.

Auto-enrollment and auto-escalation Behavioral finance experts have long touted these two features as ways to increase retirement-plan participation and contributions. Beginning in 2025, big employers will be required to have at least a 3% auto-enrollment feature in their plans, and an auto-escalation of participants' contribution by 1% per year up to a maximum in the 10% to 15% range as you save for retirement.

Saver's match The current program provides non-refundable tax credits for low- to moderate-income folks who contribute to a retirement plan at work or an IRA. It hasn't driven the results the government would like to see, so in 2027, it will be replaced by a simplified "Saver's Match" program. For those who qualify, the new law calls for the government to directly contribute matching contributions equivalent to 50% of the first $2,000 a worker contributes to a retirement account.

More retirement plan access for military spouses? Secure 2.0 aims to make it easier for military spouses to participate in work retirement plans by offering tax credits to small employers that make military spouses eligible for their plans within a couple of months of hiring. There is also provision for part-time workers to be eligible to participate in retirement plans sooner. While not designed for military spouses, these provisions – along with the tax credits – may offer them more opportunities to build for retirement.

Required minimum distribution and catch-up The age by which you have to start pulling money out of IRAs and retirement plans is pushed back to 73 effective this year, and in 2033 it will be pushed back to 75. In the future, catch-up contributions for those 50 and older ($10,000 in 2023) will track with inflation. A new, bigger catch-up contribution for those 60 to 63 was also part of the legislation.

Roth matching I'm often asked, "Why do the matching contributions my employer makes when I contribute to my Roth 401(k) go into my traditional account at work?" Prior to Secure 2.0, the answer was simply, "They have to." Beginning in 2025, employers will be able to offer the option of adding the matching money into the Roth account. The match would then be taxable income, so this will be one to discuss with your tax adviser.

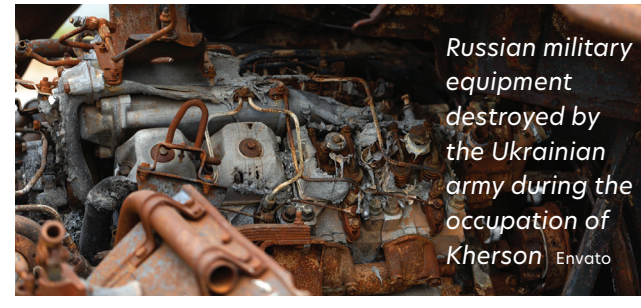
529 for retirement Beginning in 2024, money in 529 college savings plans that you haven't spent can be rolled into a Roth IRA for the 529 beneficiary. There are rules designed to keep this from being abused – e.g., lifetime cap of $35,000, no more than annual contribution in any one year, and the money has to have been in a 529 for five years before it can be rolled over.

Student loans as elective deferrals I've pounded home the idea of "don't leave free money on the table" as encouragement to contribute at least enough into your workplace plan to get the full employer match. Beginning in 2025, student loan payments made to your lender will qualify as an "elective deferral" and thus for a matching contribution from your employer in your work plan.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. ***legion.org/usaa***

"We used to think Russia was the second-best military in the world. And now it's not even the best military in the former Soviet Union."

Kori Schake, a former U.S. government official in foreign and security policy



Russian military equipment destroyed by the Ukrainian army during the occupation of Kherson Envato

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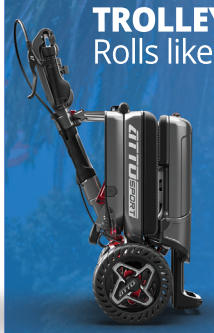

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** e-mail **reunions@legion.org** or submit information online at **legion.org/reunions**.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing twice a year.**

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail **reunions@legion.org**.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine*, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine*, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

2nd Bomb Sqdn (Hvy), Riverside, CA, 10/10-12, James Francis, (618) 920-1729, jhfranjr@aol.com; **463rd Airlifters/316th TAW Assn,** North Myrtle Beach, SC, 10/15-19, Phil Tenney, (626) 822-0262, 463rdairlifters@gmail.com; **601st Tact Cntl Assn,** 9/13-17, Pittsburgh, Paul Mussolino, (937) 838-0812, mussolino@earthlink.net; **656th Radar Sqdn,** Saratoga Springs, NY, 9/12-15, John Tianen, (520) 749-2220, jtianen@earthlink.net; **Nuclear Wpns Technicians Assn,** Oak Ridge, TN, 9/13-15, Janice Miller, (325) 650-1854, garjans@suddenlink.net

ARMY

2nd 94th Arty (Vietnam), Branson, MO, 9/24-29, Felton Dunnehoo, (337) 513-8320, feldun@msn.com; **4th/39th 9th Inf Div (Vietnam) & Support Personnel,** Lexington, KY, 8/10-12, Richard Siedsma, (417) 247-1337, rcsiedsma1@gmail.com; **7th Bn 13th Arty 1st Field Force, All Btrys (Vietnam, 1966-1970)**, Saratoga Springs, NY, 9/24-29, Kevin Calkins, (630) 542-1095; **87th Eng Bn,** Branson, MO, 10/4-8, Karen Steele, (417) 338-4048, karen@gatheringsplus.com; **119th Assault Heli Co (All Yrs),** Branson, MO, 9/12-14, Spencer Gardner, (817) 629-3155, spencergardner619@gmail.com; **213th Assault Support Heli Co,** Missoula, MT, 9/10-15, Larry Brockman, (402) 499-9117, brocky287@gmail.com; **307th Bomb Grp Assn (HV) - WWII, Korea, Cold War, Vietnam & Global War on Terrorism,** San Antonio, 5/20-25, Jim Walsh, (615) 268-9110, gatorjw@gmail.com; **504th MP,** Cherokee, NC, 9/11-14, Charles "Tony" & Jamie Sills, (770) 330-5236, ctsills7147@bellsouth.net; **585th Eng Co (DT),** San Antonio, 9/21-25, Gerald Kinyon, (941) 962-4897, gkinyon@comcast.net; **A Trp 3rd Sqdn 17th Air Cav Rgt "Silver Spurs" (1967-1972),** Branson, MO, 9/9-15, Chuck Qualline, (210) 654-8334, spur3@satx.rr.com; **Bamberg MPs (1970-1975),** Durango, CO, 9/28-30, George Barter, (970) 903-3286, geobarter@yahoo.com; **D Co 1/6 198th LIB Americal Division (Vietnam),** Omaha, NE, 9/18-22, Gary Salpini, (703) 425-0522, gs@d-company1-6.org; **Pachyderm/Hillclimbers Veterans,** Reno/Sparks, NV, 6/7-10, Dennis Wilson, (314) 616-6381, dennisw255@aol.com; **RAF Upper Heyford (1950-1993), All Units/Ranks & Families,** Rapid City, SD, 9/19-23, Jim Seymour, (845) 454-6641, seymour116@msn.com

MARINES

1st Bn 1st Mar All Cos (Vietnam, 1965-1971), Savannah, GA, 11/1-3, Doug Craig, (215) 779-1325, evcraig552@gmail.com; **Fox 2/7 (Vietnam),** Rapid City, SD, 7/9-13, Ronald Gryn, (352) 638-2872, fox2seven@gmail.com; **G Co 2/7 (Vietnam, 1965-1970),** Beaufort, SC, 9/20-24, Dave Kling, (267) 718-0419, dkling1969@yahoo.com; **Mar Corps Engineer Assn,** Branson, MO, 9/28-30, George Carlson, (931) 307-9094, treasurer@marcorengasn.org

NAVY

***Abnaki* ATF 96,** Collinsville, IL, 10/2-6, Lori Pilgrim, (319) 651-9004, lorricr2@aol.com; ***Antietam* CV/CVA/CVS 36,** Warwick, RI, 9/18-22, Sandy Haskin, (716) 326-2510, dchaskin@cecomet.net; ***Belknap* DLG/CG 26,** North Myrtle Beach, SC, 10/11-15, Bill Staley, (336) 202-1160, goodstuff003@triad.rr.com; ***Belle Grove* LSD 2,** Long Beach, CA, 7/22-29, Robert Smith, (707) 320-3460, bsmbaux@hotmail.com; ***Bennington* CV/CVA/CVS 20,** Kansas City, MO, 9/11-14, Ron Christensen, (402) 677-3413, ronc2@abbnebraska.com; ***Boston* CAG 1/CA 69/SSN 703,** New Orleans, 7/13-16, Barry Probst, (508) 587-1261, president@ussboston.org; ***Boulder* LST 1190,** Virginia Beach, VA, 6/17-18, Bill Donovan, (631) 434-5818, donovanomc@gmail.com; ***Brinkley Bass* DD 887**, Charleston, SC, 7/26-31, Tom Camp, (901) 481-0583, presidentussbrinkleybassdd887@gmail.com; ***Caliente* AO 53 (1943-1973),** Indianapolis, IN, 9/18-21, Jeffrey Sturgis, (207) 782-8323, jeffreysturgis@54@gmail.com; **CBMU 302 (All Yrs),** Boise, ID, 9/28-30, Tom Vandenberg, (509) 520-5396, peggiev@pocketinet.com; ***Charles R. Ware* DD 865,** Myrtle Beach, SC, 9/25-29, Frank Biondo, (516) 481-0034, munkb@msn.com; ***Constellation* CVA/CV 64 & *Hornet* CV 8, CV/CVA/CVS 12 Joint Reunion,** Dallas/Fort Worth, TX, 10/11-16, Richard Swain, (432) 694-0227, membership@ussconstellation.org; ***Corry* DD/DDR 817,** Norfolk, VA, 9/14-17, Bill Shugars, (410) 360-2186, shugars@verizon.net; ***Duluth* LPD 6,** Deadwood, SD, 9/6-9, Patrick Butler, (605) 580-0049, vjloomi@aol.com; ***Epping Forest* LSD**

2, Long Beach, CA, 7/23-29, Robert Smith, (707) 320-3460, bsmbaux@hotmail.com; ***Essex* CV/CVA/CVS 9/LHD 2 & *English* DD 696,** Fort Wayne, IN, 9/12-16, Norman Thompson, (260) 341-5743, norm21@frontier.com; ***Fox* DLG/CG 33,** New Orleans, 9/28-30, Michael Hare, (419) 310-2958, mhare3362@gmail.com; ***George Bancroft* SSBN 643,** Groton, CT, 6/8-11, Dan Oldham, (440) 569-1023, georgebancroft@ssbn643.org; ***Greenwich Bay* AVP 41,** Myrtle Beach, SC, 10/5-8, Richard Huey, (248) 824-4915, rhuey0277@gmail.com; ***Hancock* CVA 19,** Reno, NV, 10/15-20, Michael Greene, (469) 744-9283, mike_greene@hotmail.com; **Holy Loch, Scotland (All Cmds & Periods),** Dunoon, Scotland, 5/10-14, Gerry Haight, (307) 349-3468, charliehaight@yahoo.com; **Hoosier Base Sub Vets Annual Picnic,** Edinburgh, IN, 6/3-3, Gloyd Johnson, (765) 513-8081, gloydj554@gmail.com; ***Iwo Jima* Class LPHs Assn,** Kansas City, MO, 9/27-10/1, Dena Rice, (615) 585-2088, denaiphone@bellsouth.net; ***Lloyd Thomas* DD/DDE 764,** Annapolis, MD, 6/22-25, Scott Sheffer, (814) 797-5458, lloydthomas@atlanticbb.net; **MCB 7 (All Eras),** Nashville, TN, 9/14-17, John Stanger, (845) 399-9276; ***Navarro* APA 215,** Mobile, AL, 10/11-14, Donald Bush, (256) 413-7295, drbushrbc@comcast.net; **Navy (Ocean-Going) Minesweeper,** Kingsland, GA, 6/23-25, Thomas Cenate, (904) 860-4576, tzj58@aol.com; ***Okanogan* APA 220,** Providence, RI, 9/7-11, Dave Meierhoff, (620) 340-7406, damcsm@gmail.com; ***Randolph* CVS 15,** Charleston, SC, 9/18-23, Dennis Wilkening, (620) 408-8820, ctyfoknow@yahoo.com; ***Reeves* DLG/CG 24,** Miamisburg/Dayton, OH, 10/5-8, Tom Bailey, (719) 647-2872; ***Shangri La* CV/CVA/CVS 38,** Baton Rouge, LA, 11/5-10, Al Miller, (610) 588-0422, shangair@gmail.com; ***Spiegel Grove* LSD 32,** Gatlinburg, TN, 8/23-27, Jim Yoder, (623) 853-9913, lsd32usn@gmail.com; ***Sterett* DLG/DDG/CG 31,** San Diego, 5/4-7, Chuck Bond, (360) 257-2005, membership@sterett.net; **VA-122,** Branson, MO, 6/2-4, Kathy MacDonell, (434) 941-0054, kathymacmk@gmail.com; ***Valcour* AVP 55/AGF 1,** Harrisburg, PA, 9/25-29, Robert O'Brien, (516) 326-7587, bobbyjay46@gmail.com; **VP-40,** Nashville, IN, 9/11-13, Guy Fisk, (828) 423-2106, ggfisk@vp40.com; ***Wasp* CV 18/LHD 1,** Myrtle Beach, SC, 10/23-26, Mike Trowse, (256) 655-2700, steamertrowse@gmail.com; ***Wilhoite* DE/DER 397,** San Diego, 10/18-20, Elisabeth Rider, (479) 280-2776, sailingaway1987@gmail.com; ***Whetstone* LSD 27,** Bardstown, KY, 8/21-23, Ed Gordon, (502) 286-0547, lounge_b@bellsouth.net

IN SEARCH OF

1607th Comm & Electronics Sqdn (All Shops, Dover AFB, 1961-1964), Joel Gray, 1607thcomm.elect@gmail.com

A Co 3/35 Armor 4th Armd Div (Warner Barracks, Bamberg, Germany, Oct 1967-Sept 1969), Sam McAllister, P.O. Box 422, Clawson, MI 48017-0422

B Btry 2/60 ADA Low Flying Air Defense (Ramstein, Germany, 1972-1974), Gary Shoop, (419) 706-9381, garyshoop1954@gmail.com

Super Cargo Members MV Nosac Rover (June-July 1991), Charles Dvorak, (402) 292-0526

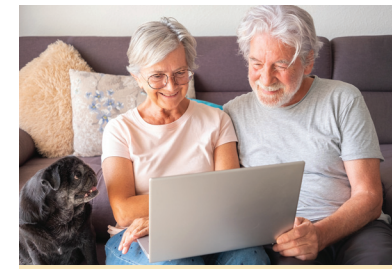
Wiesbaden AB, Germany, Fire Dept (1969-1973), Andre Greene, (718) 828-5602

TAPS

Charles A. Arkwell Jr., Dept. of New Hampshire. Dept. Cmdr. 2022-2023 and Nat'l Sec. Cncl. Memb. 2014-2023.

Reginald C. Beverly, Dept. of Florida. Dept. Cmdr. 2003-2004, Nat'l Americanism Cncl. Vice Chmn. 1999-2001 and Nat'l Foreign Relations Cncl. Vice Chmn. 2001-2009.

Norman H. Tapken, Dept. of South Dakota. Dept. Cmdr. 1999-2000.



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To learn how it works, contact the Legion's Office of Charitable Giving at **(317) 630-1225**, **plannedgiving@legion.org** or ***legion.giftlegacy.com***.

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TWO FRIENDS were talking about their vacation plans.

"Why are you going back to that resort?" one asked. "It's all mosquitoes and no fishing."

The other replied, "The owner told me he's managed to cross-breed the two. He guarantees a bite every second."

ONE NIGHT, Harry kneels and prays to God. "Oh Lord," he says, "let me win the lottery."

The next day, he pleads again. "Please make it so I win the lottery, Lord!"

The third day, Harry prays even more fervently. "Please, please, Lord, make me win the lottery!"

Suddenly he hears a voice from above: "Harry, kindly go and buy a lottery ticket."

I'M GOING TO STOP putting things off, starting tomorrow.

ACHILLES' MOTHER: "Stop imagining things! There's nothing wrong with your heel!"

A TRAIN CONDUCTOR told a passenger, "Sir, you cannot travel with this. This is a child's ticket. You're at least 25!"

"See how long your delays are?" the passenger retorted. "You should be ashamed!"

I GET all kinds of weird looks at the gym. Can't they bring their own pizza?

MY DATING APP BIO says I have a corner office with a view of the entire city, drive a $500,000 vehicle and get paid to travel. You should see my dates' faces when I tell them I'm a bus driver.

I'M NOT CHEAP. I just hate to give money away after I've memorized the serial numbers.

"I USED to sit around and think about what to do about quicksand. I never thought about how to handle real problems in adult life. I was never like, 'Oh, what's it gonna be like when relatives ask to borrow money?'" – *John Mulaney*

"Whoever said diamonds are a girl's best friend was never a baseball widow."

"But officer, how is he ever going to learn if I don't give him a chance?"

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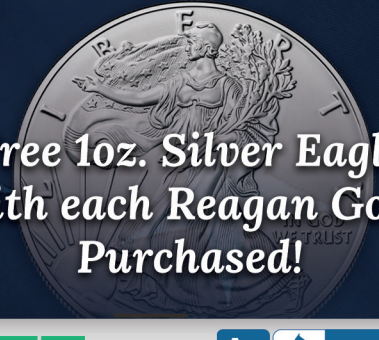

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